



Welcome to the 20th Annual 50+EXPO!

This day of information, ideas, entertainment, health screenings, and seminars is brought to you courtesy of the **Howard County Department of Community Resources and Services (DCRS)**. DCRS provides vital human services through its eight offices: ADA Coordination; Aging and Independence; Children and Families; Consumer Protection; Community Partnerships; Human Trafficking Prevention; The Local Children's Board; and Veterans and Military Families. Our programs, services and referrals help to ensure everyone in the community has the opportunity to **grow, thrive and live with dignity**. Enjoy your day!

Allan H. Kittleman
HOWARD COUNTY EXECUTIVE



Jacqueline R. Scott
DIRECTOR, COMMUNITY RESOURCES AND SERVICES



FRIDAY, OCTOBER 19 • 9 AM to 4 PM

Wilde Lake High School
5460 Trumpeter Road, Columbia 21044

\$1 ADMISSION

Event attendees **must** park at The Mall in Columbia and use the **FREE COURTESY SHUTTLE** to Wilde Lake High School; parking pick up by JCPenney

LIMITED  ACCESSIBLE PARKING only available on-site

FOCUS ON YOUR FUTURE PLANNING

SPECIAL FEATURES

Eat Well to Live Well • 9 AM to 4 PM • Room #167

The University of Maryland Medical Center will provide nutrition education and conduct individual screenings to identify malnutrition and detect possible nutrient deficiencies.

Fire and Fall Safety for Adults and Stop the Bleed Training • 9 AM to 4 PM • Booths 20-21

Learn how to maintain smoke alarms in your home; get fall safety and prevention tips; and learn Hands-Only CPR and bleeding control.

Great Communities for All • 9 AM to 4 PM • Guidance Room

AARP's interactive pop-up exhibit explores what makes a community great. Share your opinions and see how to improve life in Howard County.

Virtual Dementia Tour® • 9 AM to 3 PM • Room #222

This multi-sensory experience simulates what it's like to live with dementia. Space is limited!

The Capitol Steps • 2 PM • \$5 donation • The Jim Rouse Theatre

SEMINARS

Making a Move with Ease: The Right Way to Rightsize • 10:00 AM • Room #220

Experts in the move management and real estate industries will help you navigate the process of downsizing and/or moving and selling your home.

Planning to Plan • 10:00 AM • Room #237

Even when people want to plan they often do not follow through. Learn why this happens and how you can fight back.

Financial Planning and Your Financial Focus • Noon • Room #237

An overview of financial planning, managing risk, retirement income planning, and keeping important documents and paperwork current and accessible.

Star in Your Future: Make Your Wishes Known Today • 1:00 PM • Room #220

Explore resources for advanced healthcare decision-making to ensure that individual personal, emotional, medical, and spiritual needs are met should one become seriously ill.

50+ Futures: The Planning Series • 1:00 PM • Room #238

Introducing a new eight-session educational series which focuses on planning and preparing for the future, as well as options to enhance the ability to live independently for as long as possible.

2018 KEYNOTE ADDRESS

Mindfully Map Out Your Future

by Amy Goyer

AARP's Family and Caregiving Expert

11 AM • The Jim Rouse Theatre

Learn how to create a successful plan to maximize your future independence.

Attendees can enter a drawing for a \$300 gift card; you must be present to win.

FREE Health Fair Screenings

- ☐ Ask the Physician Assistant*
- ☐ Balance/Posture
- ☐ Blood Pressure*
- ☐ Breast Health*
- ☐ Cholesterol*
- ☐ Emotional Wellness
- ☐ Glaucoma
- ☐ Glucose*
- ☐ Hearing
- ☐ Height/Weight and BMI*
- ☐ Oral Health Education
- ☐ Pulmonary Function*
- ☐ Pulse Oximetry*
- ☐ Varicose/Spider Vein

* denotes screening provided by
Howard County General Hospital

**SEE REVERSE SIDE FOR
CORPORATE SPONSORS
CAFÉ 50+ SCHEDULE
EXHIBITOR LISTING**

**Howard County Office on
Aging and Independence**
Department of Community Resources and Services

410-313-6410 (VOICE/RELAY)
www.howardcountymd.gov/aging

#HoCoEXP018
facebook.com/HoCoCommunity

To receive this information in an alternate format, contact Maryland Access Point (MAP) of Howard County at 410-313-1234 (VOICE/RELAY). To request a sign language interpreter or other accommodations to participate, contact MAP at least one week in advance.



EXHIBITOR LISTING

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ADDITIONAL AREAS

AARP Great Communities for All	Guidance Room 167
Eat Well To Live Well	Room 169
Health Department Flu Shots	Outside
Health Department HIV Van.....	Outside
Howard County Office on Aging and Independence 50+ Centers	Café 50+

CORPORATE SPONSORS NOT EXHIBITING

Her Mind Magazine
The Business Monthly
The Mall in Columbia

GOLD SPONSORS

Howard County Health Department
LifeBridge Health
Sheppard Pratt Health System
The Evergreens at Columbia Town Center
The Mall in Columbia
University of Maryland Faculty Physicians

MEDIA SPONSORS

Baltimore Sun Media Group
Focus on Women Magazine
Guide to Retirement Living SourceBook
Her Mind Magazine
Regional Transportation Agency (RTA)
The Beacon Newspapers
The Business Monthly



FREE FLU SHOTS

9 AM to 4 PM provided courtesy of the
Howard County Health Department



CAFÉ 50+ ENTERTAINMENT

10:00 AM
Jianping Mao
Tai Chi with Sword

11:00 AM
Gina DeSimone
& The Moaners

12:00 NOON
Ellis Woodward

2:00 PM
Jesse Barnes Soul Line
Dance Extravaganza



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Blue boldface type designates event sponsor; red boldface type designates DCRS offices and programs.